

Look After Your Mental Health

As our country, state, and city introduce measures to restrict movement as part of efforts to reduce the number of people infected with COVID-19, more and more of us are making huge changes to our daily routines. The new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues take time to get used to.

Adapting to lifestyle changes such as these, and managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable, are challenging for all of us. Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care. Here are tips and advice that we hope you will find useful for you and your family.

- Keep informed. Listen to advice and recommendations from your national and local authorities. Follow trusted news channels and keep up-to-date with the latest news from CDC.
- Have a routine. Keep up with daily routines as far as possible, or make new ones.
- Get up and go to bed at similar times every day.
- Eat healthy meals at regular times and exercise regularly.
- Allocate time for working and time for resting.
- Make time for doing things you enjoy.
- Minimize newsfeeds. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
- Social contact is important. If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
- Screen time. Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities. While video games can be a way to relax, it can be tempting to spend much more time on them than usual when at home for long periods. Be sure to keep the right balance with off-line activities in your daily routine.



NIH National Institute of Mental Health

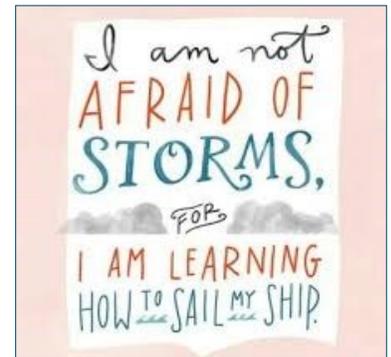
Coping with COVID-19

Take breaks from the news	Take care of your body
Make time to unwind	Connect with others
Set goals and priorities	Focus on the facts

Fear is a normal reaction in situations of uncertainty. But sometimes fear is expressed in ways which are hurtful to other people. Don't discriminate against people because of your fears of the spread of COVID-19 or against people who you think may have coronavirus. COVID-19 has affected people from many countries. Don't attribute it to any specific group. Remember to be kind and respectful. We're all in this together!

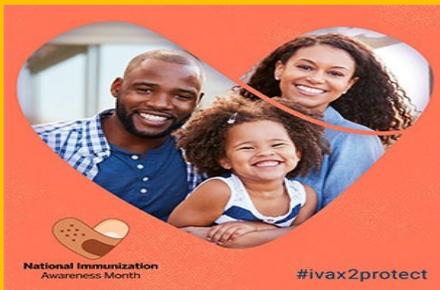
Source: World Health Organization

Help slow the spread



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national *August* IMMUNIZATION awareness month

Importance of vaccines

The diseases vaccines prevent can be dangerous, or even deadly. When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body has a supply of cells that help recognize and fight that disease in the future. These supplies of cells are called antibodies.

How it works

Vaccines help develop immunity by imitating an infection, but this “imitation” infection does not cause illness. Instead it causes the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.

Making The Vaccine Decision for your Children

Vaccines reduce your child’s risk of infection by working with their body’s natural defenses to help them safely develop immunity to disease. As children get older, they require additional doses of some vaccines for best protection. Older kids also need protection against additional diseases they may encounter. Learn more about what vaccines your child may need at <https://www.cdc.gov/vaccines/parents/index.html>

Source: CDC

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



Breastfeeding is the foundation of lifelong good health for babies and mothers. Breast milk is the ideal food for newborns and infants. It gives infants all the nutrients they need for healthy development. It is safe and contains antibodies that help protect infants from common childhood illnesses such as diarrhea and pneumonia, the two primary causes of child mortality worldwide.

Breast milk is readily available and affordable, which helps to ensure that infants get adequate nutrition. Breastfeeding also benefits mothers. It reduces risks of breast and ovarian cancer later in life, helps women return to their pre-pregnancy weight faster, and lowers rates of obesity. The American Academy of Pediatrics (AAP) recommends that infants be exclusively breastfed for about the first 6 months with continued breastfeeding while introducing appropriate complementary foods for 1 year or longer.



Women with children are the fastest-growing segment of the work force. Balancing work and family is an important priority for them. Today, over 75% of women in the United States begin breastfeeding. When they return to work after their babies are born, time and space to express their milk during the work period help them continue to give their best to their work and their baby.

Source: CDC

small steps to LIVING HEALTHY



Finding success in healthy weight isn't always easy, but it helps to take small steps.

- Set Goals.
- Move More.
- Be in the Know.
- Eat Smart.



DON'T GIVE UP

*Eat Healthy!
Feel Healthy!
Be Healthy!*

Setting **S.M.A.R.T** Goals

@Stoopid.Fit

 "I'm Going To Start Eating Healthier!"	 Specific Get More Detailed About The Goal You're Trying To Accomplish!	 "I'm Going To Eat More Vegetables & Less Fast Food!"
"I Want To Get Rid Of My Stomach!"	 Measurable Can You Objectively Measure The Progress You're Making Toward Your Goal?	"I Am Going To Lose 5 Inches Off My Waist!"
"I'm Going To Lose 40 Pounds This Month!"	 Attainable Is Your Goal Realistic Both By The Laws Of Physics and What You're Able To Accomplish	"I'm Going To Lose 40 Pounds In The Next Year!"
"I Want To Get Stronger While Losing Weight!"	 Relevant Is Your Specific Goal Relevant To The Bigger Picture Of What You're Trying To Accomplish?	"I Want To Maintain Strength While Losing Weight!"
"I'm Going To Lose Weight This Year!"	 Time-Bound Does Your Goal Have A Deadline?	"I'm Going To Lose 20 Pounds By My Birthday!"



Reading is Healthy



reflect, absorb, imagine and process sharpens intelligence by challenging the entire neural circuit from reading. When you read, you are able to tune out the world and tune into the words in front of you. Your mind, or brain, is actively engaging in something that requires your full attention. It's that distraction – having your mind concentrate on reading – that eases the tensions in your muscles and heart/circulatory system. Challenging the brain to learn new things through reading can help your informational processing stay in better shape.

If you're one of countless people who don't make a habit of reading regularly, you might be missing out.

Source: Business Insider and Health Sciences Academy

The more you read, the healthier you can become. When we read, not only are we improving memory and empathy, but research has shown that it makes us feel better and more positive too. Science has shown that reading has some amazing health benefits, including helping with depression, cutting stress, and reducing the chances of developing Alzheimer's later in life. Reading gives muscle to your memory and although the brain isn't actually a muscle, it can still benefit from a good workout. Reading essentially forces us to concentrate and imagine where otherwise we are just absorbing the information in pictures or sounds coming at us. Having that ability to pause, re-



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HEALTHY EATS

Baked Chicken Breast

Baked Chicken Breast is easy, juicy and ready within minutes of prep. This simple chicken breast recipe can easily become your new go-to. No weird steps, no wrapping, tenting, brining or marinating needed. Just a good flavored seasoning rubbed all over our chicken and let your oven do all the work.



Ingredients

- tablespoon brown sugar
- 1 1/2 teaspoons paprika
- 1 teaspoon dried oregano, (or thyme, parsley, rosemary)
- 1 teaspoon salt, (use seasoned salt, Adobo or chicken salt for extra flavor)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon cracked black pepper, to taste
- 1 teaspoon chili powder, (or 1/2 teaspoon cayenne pepper for a kick of heat)
- 4 large chicken breasts (7oz)
- 1 tablespoon olive oil

Preparation: 10 minutes **Cook:** 16 minutes **Servings:** 4

- Preheat oven to 425°F
- Using a meat mallet or rolling pin, pound each chicken breast to 0.8-inch | 2cm at the thickest part. Make sure your fillets are all the same thickness to ensure even cooking.
- Combine sugar, paprika, oregano, salt, powders, pepper and chili (if using).
- Line a baking pan with parchment (or baking) paper. Transfer chicken to the pan and toss chicken in the seasoning. Drizzle with the oil and rub seasoning all over to evenly coat.
- Bake chicken in preheated oven for 16-18 minutes, or until internal temperature is 165°F (75°C) using a meat thermometer. It should be golden with crisp edges.
- Broil (grill) on high heat during the last 2-3 minutes of cooking until golden and crisp.
- Remove pan from oven, transfer chicken to serving plates and let rest for 5 minutes before serving.

Source: www.cafedelites.com



LUNCH Makeover



Here are some tips for affordable and nutritious lunches to take to work or school. Taking a healthy lunch to work is one of the simplest ways to trim your budget and give your mind and body what it needs to power through the day at work or at school. When it comes to healthy lunches, a little planning will go a long way. Make sure your lunch is balanced and include some lean or low-fat protein along with carbohydrates to keep your body fueled for the afternoon,

Sandwich: If you love sandwiches, use a variety of whole-grain breads, pitas, and wraps. Choose lean fillings like sliced eggs, tuna fish, cheese or lean meats. Then jazz up your sandwiches with assorted greens, fresh basil, sprouts, sliced cucumbers, onions, and/or tomatoes.

Salad: Instead of a green salad with croutons and dressing have green salad and add lean protein, ham, chicken or tuna, hard boiled egg, chick peas. Add cheese, sunflower seeds. Read your labels on the dressing, change to low calorie and be mindful of how large one serving (most are 2 tbsp.) of salad dressing is.

Hot lunch: Instead of a frozen microwaveable meal, have healthy leftovers like chicken in a whole wheat wrap with veggies or home made soup.

Snacks: Replace high sugar yogurts with low sugar yogurt, nuts, veggies and hummus dip. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

Welcome Back to School



It's almost time to hit the books. The last weeks of summer are already upon us, and the new school year is right around the corner. It can be stressful for kids to switch gears and get ready for the school year because it is a big transition. The rapid closure of schools due to the coronavirus has taken many families by surprise. Suddenly, kids all over the country are being asked to learn from home, often through online learning, assignments sent via e-mail, or packets sent out by the school. The rules for each school vary as some schools are completely online, while others are adopting a hybrid model that consists of both in-person and online coursework. Some universities are allowing only first-year students to return, while others are eliminating on-campus housing completely for the fall. For many, this will be a new experience. It's not easy to convert homes into classrooms. But there are a few things you can do to get ready.

Online or in-person, the first day of school is something your child should happily anticipate. Even though classes are online, you're still going to want to remember your child's first day. Try hand making a sign or board for your child to hold in a special "first-day-of-school" photo outside. You can write your student's age, school name, birthday, favorite color or anything cute to remember this unconventional day. Just because classes are online doesn't mean your student shouldn't stop an iconic back-to-school tradition. While you're hitting the back-to-school sales, let your child choose some trendy and special outfits for their first day of school. Having a new outfit can be a huge motivator that will get your child in the back-to-school spirit.



Get yourself to bed early before school starts.

Before school starts, you can gradually adjust your child's sleep and wake times. This will help set their biological clocks for the new schedule. Preschoolers need eleven to twelve hours of sleep a night, school-age children need at least ten hours, while teens need nine to ten hours.



Prepare brain-boosting foods.

Without cafeteria food, your child has the opportunity to eat some delicious homemade breakfast and lunches. Eggs are a great protein source, but did you know that egg yolks are also packed with choline, which helps memory development? Oatmeal is packed with protein and fiber, which help keep heart and brain arteries clear. Kale is a super food, packed with antioxidants that help new brain cells grow and can be blended into smoothies for snack time. Apples and plums contain quercetin, an antioxidant that may fight decline in mental skills. Don't forget a note in the lunchbox to make the experience more special.



After a long day of staring at a computer screen, your child most certainly will appreciate a plate of fresh brownies or homemade chocolate chip cookies. It's even better if you can spend a few minutes measuring, mixing and pouring with your little one to make chemistry and fraction practice more fun.



Stay Active. Stay Healthy.

Keeping active every day is good for your body, mind and spirit especially during these stressful times. And more physical activities you do can improve your sleep which is also important for good health.

BE ACTIVE & STAY HEALTHY AT HOME!



#BeActive

#HealthyAtHome

If you are at home during #COVID19 outbreak

30 mins
daily

1 hour
daily



WHO recommends that all healthy adults do **30 minutes/day** of physical activity, and children should be physically active for **1 hour/day**

PAHO



#BeActive

#HealthyAtHome

Be active at home during #COVID19 outbreak



Online exercise classes



Dancing



Playing
active video games



Jumping rope



Muscle strength
and
balance training



#BeActive

#HealthyAtHome

Please consult your healthcare provider before starting on any diet or exercise program.

HEALTHY LIFESTYLE



HEALTH IS NOT
ABOUT THE
WEIGHT YOU
LOSE. IT'S
ABOUT THE
LIFE YOU GAIN.

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